

*You
— and only you —
can prevent these
serious problems*

PLAN AHEAD

If you are pregnant,
don't smoke,
drink
or use drugs.
Even if you are
only thinking of
getting pregnant,
stop all
drug and alcohol
use first.

Babies who have lifelong
problems caused by their
mother's use of alcohol
and/or other drugs,
may have:

F.A.S.
Fetal Alcohol Syndrome

F.A.E.
Fetal Alcohol Effects

F.A.D.E.
Fetal Alcohol & Drug Effects

*Fetal Alcohol
and/or
drug effects
are completely
preventable!*

*Every day counts
during
pregnancy*

**Your use of Alcohol, Tobacco,
or Other Drugs (ATOD)
at Any Time
During Your Pregnancy
Can Cause Permanent
Damage to Your Baby,
such as:**

Brain Damage
Poor Coordination
Inability to Learn
Hyperactivity
Facial Deformities
Mental Retardation
Physical Deformities
Behavior Problems

*When you are pregnant...
smoking, drinking or
doing drugs is
NEVER OK!*

No amount is OK.
No time is OK.

*Are you pregnant?
Are you thinking
about getting
pregnant?*

TAKE THIS SHORT TEST

- YES NO** Do you drink
any alcohol?
- YES NO** Do you smoke
tobacco?
- YES NO** Do you use
other drugs?
- YES NO** Are you having
unprotected sex?
- YES NO** Do you think
there are safe times
or amounts to drink
during pregnancy?

If you answered **YES**
to any of these questions,
your baby's future
may be
F.A.D.E.ing

*Help your baby
get a good start
in life!*

Don't smoke,
drink
or
do drugs.

Think of that baby
who depends on you.

Do it for yourself!
Do it for your baby!

Help is available!

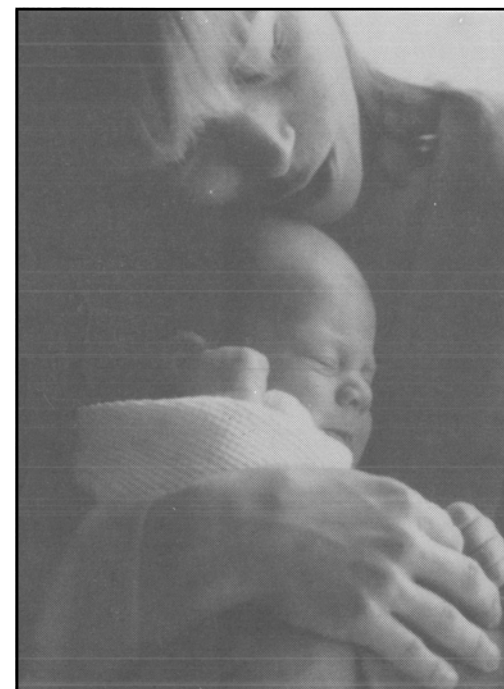
For more information, call
Maine Office of Substance Abuse
1-800-499-0027
TTY: 1-800-215-7604
e-mail: osa.ircosa@maine.gov
Web: <http://www.maineosa.org>

The Department of Mental Health and Mental Retardation is
legislatively charged to comply with chapter 19, Subsection 62, 1-A.

In accordance with federal and state laws, the Maine Office of Substance Abuse
does not discriminate on the basis of gender, race, religion, color, national origin,
creed, disability or age in admission or access to treatment, services or
employment in its programs and activities.

This Publication may be made available in an alternate form.

*Alcohol
and other drugs
can harm
your baby*



If you drink or drug
during pregnancy,
the effects can last a lifetime!

Your child may need:
Special Medical Attention
Special Education
Lifelong Supervision

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